



RaceClean™

UPDATE

Happy New Year!

Our first year managing a revitalized and improved RaceClean program has come to a close. With 18 more tests funded by RaceClean dollars in December, our year-end total was 179 tests. This compares favorably to the 135 we targeted for 2016 and the 45 we conducted in 2015. You can look for a year-end review with more detail about how RaceClean surcharges were spent by the end of January.

Out of those 179 tests, we have seen five anti-doping sanctions from 2016 which you can see listed [here](#). Because each case is unique and requires a different amount of time for due process, the outcomes of all 2016 testing will not be known until later this year.

Now that the grassroots cross season has wrapped up, the focus for some of you will turn to early season mountain bike and road prep.

As you plan your 2017 season, please remember to check your prescriptions! You can call [USADA's Drug Reference Hotline](#) at 719-785-2000 and select option 2 to check your medications against the prohibited list. And if you need a Therapeutic Use Exemption (TUE), make sure you apply for one using the steps on the right!

Thanks for reading,

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NUMBER OF TESTS

December 2016: 18

December 2015: 0

YTD 2016: 179

YTD 2015: 45

Target 2016: 135

Total 2015: 45

APPLYING FOR A TUE

A Therapeutic Use Exemption (TUE) is permission to use a prohibited substance for medical reasons. To decide if you need a TUE, follow these steps:

- 1) Determine the prohibited status of your medication by searching for it on GlobalDRO.com
- 2) Determine [your competition level](#) as either International/ National OR Non-National level.
- 3) Visit the [Determine if you Need a TUE page](#) and follow the directions in Step 3 based on your competition level for the substance in question.

